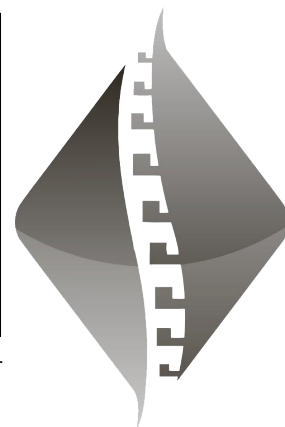


# VAN DAM CHIROPRACTIC



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## HEADACHES & CHIROPRACTIC



If you have a headache, you're not alone. 9 out of 10 Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Do you grit your teeth

and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Research shows that spinal manipulation – one of the primary treatments provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck. A 2014 report in the Journal of Manipulative and Physiological Therapeutics (JMPT) found that interventions commonly used in chiropractic care improved outcomes for the treatment of acute and chronic neck pain and increased benefit was shown in several instances where a multimodal approach to neck pain had been used<sup>1</sup>. Also, a 2011 JMPT study found that chiropractic care, including spinal manipulation, improves migraine and cervicogenic headaches.

### HEADACHE TRIGGERS

Headaches have many causes, or “triggers.” These may include foods, environmental stimuli (noises, lights, stress, etc.) and/or behaviors (insomnia, excessive exercise, blood sugar changes, etc.). About

5 percent of all headaches are warning signals caused by physical problems. The remaining 95 percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are not caused by disease; the headache itself is the primary concern.

The greatest majority of primary headaches are associated with muscle tension in the neck. Today, Americans engage in more sedentary activities than in the past, and more hours are spent in one fixed position or posture (such as sitting in front of a computer). This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache.

### WHAT CAN YOU DO?

The American Chiropractic Association (ACA) offers the following suggestions to prevent headaches:

- If you spend a large amount of time in one fixed position, such as in front of a computer, on a sewing machine, typing or reading, take a break and stretch every 30 minutes to one hour. The stretches should take your head and neck through a comfortable range of motion.
- Low-impact exercise may help relieve the pain associated with primary headaches. However, if you are prone to dull, throbbing headaches, avoid heavy exercise. Engage in such activities as walking and low-impact aerobics. (con't on page 2)

Headaches & Chiropractic.....1  
Headaches & Chiropractic.....con't...2

Chiropractic Q and A.....2  
Research and Chiropractic.....3

touch the lowers, except when swallowing. This results in stress at the temporomandibular joints (TMJ) – the two joints that connect your jaw to your skull – leading to TMJ irritation and a form of tension headaches.

- Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches.

### WHAT CAN A DOCTOR OF CHIROPRACTIC DO?

Your doctor of chiropractic may do one or more of the following if you suffer from a primary headache:  
Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.

Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins. Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back. Doctors of chiropractic undergo extensive training to help their patients in many ways beyond just treatment for low-back pain. They know how tension in the spine relates to problems in other parts of the body, and they can take steps to relieve those problems. (1)



### CHIROPRACTIC Q & A:

#### Question:

**What causes your subluxations?**

#### Answer:

Subluxations are caused by a stress that overwhelms your body such as:

- A difficult birth or delivery
- An auto accident
- A fall no matter how long ago (even as a toddler)
- Bad posture
- Eating junk food (chemical stress)
- Using the same body position over and over at work or play (repetitive strain injury)
- Emotional tension
- Pushing yourself too hard
- Being a couch potato
- Dental work

- Drug use, medications
- Surgery
- Working in an awkward position
- A mild jar when you're unprepared
- An emotional shock when your energy is low
- Long car rides

*From all of us at  
Van Dam Chiropractic*



Dr. Scott will be out of the office from  
December 25th until January 2nd.

**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS**  
We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

## RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.



NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH'S CASES AND SEE MORE NEXT MONTH.

**Sleep bruxism in a 9-year-old.** A 9-year-old boy with a 4-year history of sleep bruxism was presented for chiropractic care. He was found to have vertebral subluxations throughout his spine.

Chiropractic care to correct subluxations led to a reported reduction in sleep bruxism and an objective improvement in posture as well. (2)

**Heart rate variability and chiropractic.** The timing between heart beats should vary beat-to-beat. That is called heart rate variability (HRV). The more HRV, the greater a person's health. Low HRV has been linked to physical and emotional dis-ease or body malfunction.

Analysis of the beat-to-beat intervals (heart rate variability) has been used to evaluate the nervous system balance between the sympathetic and parasympathetic divisions. Analysis of beat-to-beat variability is a simple, non-invasive technique to evaluate autonomic dysfunction and may be a tool to assess the changes in autonomic activity associated with the reduction and correction of vertebral subluxations. A search of the relevant literature found that some controlled studies suggest that very thing: chiropractic care may improve heart rate variability in a positive way – meaning that nervous system function improves.

The author writes, “Vertebral subluxations may result in altered autonomic nervous system activity. Heart rate variability is a reliable and valid tool that may be used to assess the changes in autonomic activity associated with the reduction and correction of vertebral subluxations.” (3)

**Hypothyroidism and irritable bowel, lower back.** A 34-year-old woman visited a chiropractic office complaining of low back, hip and upper back pain. She also reported that she was medically diagnosed with irritable bowel syndrome and secondary hypothyroidism.

Chiropractic analysis revealed subluxations that were causing nervous system imbalance (dysautonomia). Chiropractic adjustments corrected her subluxations. After two months of care, the patient's thyroid function test showed improvement and she was able to stop her medication. Additionally, she reported improvement in her irritable bowel syndrome, low back, hip and upper back pain. (4)

**Placental insufficiency and fetal growth restriction.** A 29-year-old female, who was 32 weeks pregnant, presented for chiropractic care because she was concerned about a diagnosis of placental insufficiency and delayed fetal growth that was given after an ultrasound examination. There is no medical treatment for this condition.

However, chiropractic analysis revealed subluxations in her cervical spine (neck), sacrum and pelvis. She had eight visits over a three-week period to correct her subluxations. On the day after her first visit she had another ultrasound that revealed normal placental blood flow and normal fetal growth rate. She was able to carry the baby to 37 weeks permitting the fetus 3 to 4 more weeks of growth. (5)



## REFERENCES

1. <https://www.acatoday.org/Patients/Health-Wellness-Information/Headaches-and-Chiropractic>
2. Russell D. Reduction of sleep bruxism in a 9-year-old child receiving chiropractic care for vertebral subluxation: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2017;4:164-168.
3. Kent C. Heart rate variability to assess the changes in autonomic nervous system function associated with vertebral subluxation. *Annals of Vertebral Subluxation Research*. October 16, 2017:201-208.
4. Campbell AM, Delander K. Resolution of hypothyroidism & irritable bowel syndrome in a 34-year-old female following chiropractic care to reduce vertebral subluxation: a case study & review of the literature. *Annals of Vertebral Subluxation Research*. October 26, 2017:209-220.
5. Rashid M, Heyns SB, Findlay M et al. Reduction in placental insufficiency and normalized fetal growth rate in a pregnant patient following chiropractic care for vertebral subluxation: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2017;4:178-184.